



June Menu

04.06.2026 to 16.06.2026



**04-06-2026
Thursday**

- Plain Paratha
- Mix Vegetable with Paneer
- Whole Masoor Dal
- Jeera Basmati Rice
- Italian Pasta Salad
- Buttermilk

**05-06-2026
Friday**

- Ghee Fulka
- Masala Aloo Bhindi
- Chilka Moong Dal
- Ghee Basmati Bhat
- Damni Dhokla with Green Chatni
- Jeera Chaas

**08-06-2026
Monday**

- Tawa Roti
- Corn Tomato Paneer Capsicum
- Dal Makhani
- Steam Basmati Rice
- Live Mohanthal
- Masala Chaas
- Green Salad

**09-06-2026
Tuesday**

- Masala Idli - Mendu Vada
- Coconut Chutney
- Sambhar
- South Indian Rice
- Black Chana Salad
- Aampanna

**10-06-2026
Wednesday**

- Aata Bhatura
- Amritsari Chhole
- Corn Paneer Tikki
- Plain Basmati Rice
- Ring Onion & Fried Chilly
- Salted Chaas

**11-06-2026
Thursday**

- Corriender Paratha
- Paneer Butter Masala
- Mix Dal Tadka
- Jeera Basmati Rice
- Tomato & Cucumber Slice
- Buttermilk

**12-06-2026
Friday**

- Ghee Fulka
- Tindola-Potato
- Arhar Dal
- Ghee Basmati Bhat
- Baked Macaroni
- Jeera Chaas
- Kala Chana Chat

**15-06-2026
Monday**

- Tawa Roti
- Aloo Mutter, Kela Mutter
- Khatti-Mithi Dal
- Basmati Rice
- Sukhadi
- Masala Chaas
- Dry Whole Moong

**16-06-2026
Tuesday**

- Veg. Uttapam
- Coconut Chutney
- Sambhar
- Lemon Rice
- Masala Boondi
- Aampanna

* All Punjabi sabji gravy combines the goodness of NUTS with an assortment of fresh, seasonal VEGETABLES.

* We use Jain dairy paneer and Amul butter and cheese in all our preparations.

* Butter milk, lemonade, 'farsan', Durum wheat pasta and sweet etc will be served to the students in sufficient quantity with their meal. As the students tend to eat/drink more of these food items instead of the proper wholesome meal, the serving of these items will be monitored and restricted if required.

* Subject to change





June Menu

17.06.2026 to 30.06.2026



**17-06-2026
Wednesday**

- Whole Wheat Pav
- Bhaji
- Curd
- Veg. Pulav
- Garlic Chutney & Cabbage
- Onion Salad
- Salted Chaas

**18-06-2026
Thursday**

- Jeera Paratha
- Veg. Makhnwala with Paneer
- Dal Makhani
- Jeera Basmati Rice
- Salad
- Buttermilk



**19-06-2026
Friday**

- Ghee Fulka
- Coconut Bhindi-Aloo Masala
- Chana-Masoor Dal
- Ghee Basmati Bhat
- Dahivada
- Jeera Chaas



**22-06-2026
Monday**

- Tawa Roti
- Mixed sesonal veg Gujarati style
- Rajma
- Steam Basmati Rice
- Rava Sheero
- Masala Chaas

**23-06-2026
Tuesday**

- Steam Idli - Mendu Vada
- Coconut Chutney
- Sambhar
- South Idian Rice
- Kala Chana Chat
- Aampanna



**24-06-2026
Wednesday**

- Stuff Paratha
- Homemade Tomato Sauce & Green Chutney
- Curd
- Veg. Biryani
- Chickpea Salad
- Salted Chaas

**25-06-2026
Thursday**

- Mint Paratha
- Kadai Paneer
- Dal Fry
- Jeera Basmati Rice
- Tomato & Cucumber Slice
- Buttermilk



**26-06-2026
Friday**

- Ghee Fulka
- Tindola-Potato
- Dal Surati
- Ghee Basmati Bhat
- Bhel
- Jeera Chaas



**29-06-2026
Monday**

- Tawa Roti
- Aloo Chhole
- Khatti-Mithi Dal
- Basmati Rice
- Spiral Live Jalebi
- Masala Chaas

**30-06-2026
Tuesday**

- Masala Uttapam
- Coconut Chutney
- Sambhar
- Tomato Rice
- Kala Chana Chat
- Aampanna



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